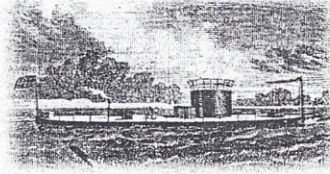


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

Kurt Pfannkuch, Chairman—Johanna Benker, Vice Chairman—Charles Rea, Secretary—Karen Sandberg, Assistant Recording Secretary, Yvonne Magneheim, Financial Secretary—Lillian Stafford, Assistant Financial Secretary—Karin Johnson, Treasurer

INSIDE THIS ISSUE:

| | |
|-----------------------------|---|
| <i>Chairman's Message</i> | 1 |
| <i>Smörgåsbord Pictures</i> | 2 |
| <i>Nål Tråd Köksmyter</i> | 3 |
| <i>Various</i> | 4 |
| <i>Vasaloppet Se/USA</i> | 5 |

HEADS UP

2/1/08

Swedish Night
Team 2

3/7

7:00

(No Dinner)

Kaffekalas/Movie
Initiation

4/4

6:00 Social

7:00 Dinner

Anniversary Dinner
&
Dance
Dante Club



Chairman's Message

I'd like to begin with an old Swedish tradition of wishing you all a "God fortsättning på det nya året". For those who do not speak Swedish, that's a 'good continuance of the new year'. I hope you all had a good Christmas season and also survived the stormy weather that ushered in the new year.

Next, I'd like to thank all the outgoing officers for their hard work and dedication over the past year and to thank the new officers for accepting the challenge to work for the good of our order and for Monitor Lodge. I'm looking forward to working with you all this year. Special thanks to Dale Ingvarsen for his excellent work in leading us through the challenges of the change in meeting places and to Margaret for being there with Dale through it all. Thanks also to all the hard working members who hauled our belongings from place to place, to those who stored said belongings while we searched, to those who looked for and found our new home, and to those who built our new storage area at the meeting hall. It has been a challenging year, but Monitor members met the challenge and I look forward to a rewarding year in which we can redirect our efforts to our cultural and fraternal goals, and towards increasing our slipping membership level.

Thanks to all for your vote of confidence in recycling me as chairman for the coming year. I may be a bit rusty, but will do my best. Please bear with me while I relearn what needs to be done and how to do it. While I don't foresee any sweeping changes this year, you will see an increased return to business meetings on 'social' nights. It's been said that in any organization, 80% of the work is done by 20% of the people. That being the case, I don't feel it is fair to the 20% to have to attend extra meetings to do the work when they already attend regular meetings. Additionally, exposure to lodge business will give the other 80% a better insight into what's happening and hopefully move a few people to change groups. I promise to try to expedite the meetings and I am open to backing off if needed. I thank you in advance for your patience and cooperation during the process.

Our February meeting is very early, on the first, so don't let it slip by you. I hope to see as many members as possible come out and enjoy our Swedish pea soup and pancake dinner to start off the new year together.

In Truth and Unity,
Kurt Pfannkuch

JANUARY BIRTHDAYS

- 3 Ed & Judy Netzel
Charles Rea
- 4 Eva Allred
- 6 Michael Churkin
- 7 Thomas Anderson
- 8 Gladys Stangl
Oskar Carlson
- 9 Liesma Krastins
- 16 Billye Nelson
- 18 Robin Johnson
- 23 Dee Benson
James Netzel
- 24 Brian Stockham
- 25 Johanna Benker
Hank Stoffel
Birgitta Ellis
- 27 Edward Dahlberg
- 29 Thelma Gorrell
Jewel Wright



FEBRUARY BIRTHDAYS

- 2 Martha Parks
- 4 Stanley Hagstrom
- 5 Annabel Audet
Lisa Rea
- 6 Charles Johnson
- 9 Kenneth Swenson
Ethel Johnson
Mindy Patterson
Ruth Volkoff
- 11 Maude Udvardy
- 12 Wesley Bjur
- 13 Jill Stockham
- 15 Margaret Ingvar
sen
- 18 Richard Westrup
- 19 Kurt Pfannkuch
- 22 Marie Tillman

Please see "Note"
Page 3!!

NORDSTJERNAN

Vestkusten
This Week, report

But why would you? ...
Sweden, Page 3
Local, Page 2
Local, Page 1

THE PATH TO SUCCESS

...the people ...
...the path to success ...
...the path to success ...

Ex-Gitmo detainee seeks new life in Sweden

...the path to success ...
...the path to success ...
...the path to success ...

The merger of Vestkusten and Nordstjernan probably doesn't come to many of you as "news." You probably don't care much about my opinion of this "absorption" but I must say it is a disappointment to have this happen to a tradition that spans over a century. The main reason I mention this is not to discredit the new paper but to find out from you how much west coast Swedish news you want me to put in the Monitor Newsletter. In the past I have not been too diligent in keeping you informed of things that have been readily available in the Vestkusten. Let me know your views on what you want in the NL, and of course, you are welcome to share items of interest to you.

NÅL OCH TRÅD

A happy, healthy and prosperous New Year to all! Nål och Tråd has many things to do this year, so come join us. In January we donated to the Sacramento Children's Crisis Nursery, a most worthwhile organization.

We will meet at 10 AM, February 19th at Dorothy Mogford's home. Please call her if you plan to attend and bring a brown bag lunch. Dorothy will serve coffee and dessert.

New ideas for new projects are important, so bring them with you. If we can't use them now, we'll file them away for later. No ideas are lost. Remember, no fees, no dues for Nål och Tråd—just come and enjoy each other's company.

KÖKSNYHETER

Ok, we'll just pretend the traditional Thursday night Swedish Pancake and Pea Soup Dinner is on Thursday when in fact it is on **Friday, February 1st**. As usual, the bar opens at 6:00 and the dinner begins at 7:00. Bring your appetites and be awed at the preparation and presentation of Team 2's efforts. Hopefully, you all jotted down the *correct* recipe for pancake batter that appeared on Page 3 of the December Newsletter! If you are asked (whether team member or not) to please make batter for the dinner, refer to that recipe which uses whole milk and makes lots of batter!

So, what's a minor glitch or two when Monitor Lodge Members get together for their Annual Glögg och Smörgåsbord (Julbord!)? In the end it was a fun evening with many, many thanks going to all members and guests. Special thanks to the Glögg makers Brian and Jill! Special thanks to Tom Anderson at the keyboard who, incidentally had worked up quite an entertainment program with DeeDee and Oskar which unfortunately never took place! To all who prepared food, worked in the kitchen the day of the event, in spite of having half (if that) the utensils we needed, much of which was still in various "storage" areas. Eivor always decorates beautifully and she and Kurt manage to bring back from their annual trek to Sweden some wonderful cheeses or goodies that give an extra zing to the meal! Also, thanks to the new supply person LaVern Griffith for being flexible and working under the pressure of keeping everyone happy in the kitchen! Plans for Julbord 2008 will begin after a critique of 2007's!

Misgrowth of the crocus fields in Iran makes the price of saffron sky high

(Shared by B. Ostlund via her brother in Sweden)

The price of saffron has tripled in the last year according to a saffron buyer from the Swedish spice company Santa Maria which every year buys two tons of saffron.

Saffron comes from the dried pistils in the light purple Crocus flower and it takes 150,000 krokus flowers for one kilo of saffron and they have to be hand picked.

The bakery Vetekatten in Stockholm can really feel the increased price

(Continued on page 4)

NEWSLETTER
DEADLINE FOR
THE MARCH IS-
SUE IS 02/12/08

**IN ORDER TO RE-
CEIVE THE NL VIA
E-MAIL AND IN
COLOR, YOU MUST
DOWNLOAD ADOBE
ACROBAT READER
www.adobe.com.**

"Note"

Each month I check my list of birthdays against the "roster" of names in the current Program Book. These are the names deleted for January and February

Brooks Ohlson
Shirley Thrasher
Kerri McCluskey
Matthew Wilson

Kerstin Krause reminds everyone her name is not Kristen as it appears in the directory!!

More history about
Vasaloppet at

[http://
www.scandinavica.com
/culture/sports/
vasaloppet.htm](http://www.scandinavica.com/culture/sports/vasaloppet.htm)

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Since 1876

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Swedish Pronunciation Guide:

Most consonants are exactly the same in Swedish as they are in English.
Some exceptions:

- j: pronounced like the "y" in "yellow"
- g: pronounced like the American "g" if it is followed by an a, o, or å; pronounced like the "y" in "yellow" if followed by an e, i, ä, or ö
- k: pronounced like the American "k" if it is followed by an a, o, or å; pronounced like "sh" if followed by an e, i, ä, or ö
- rs: r followed by s is pronounced as "sh"

This provides a basic idea of the pronunciation of vowels:

- a: pronounced like the "aw" in "claw"
- e: pronounced like the "e" in "fell"
- i: pronounced like the "ee" in "fleece"
- o: the pronunciation falls between that of "o" in "close" and "oo" in "moose"
- u: pronounced like the "oo" in "moose"
- y: the pronunciation falls between that of "oo" in "moose" and "y" in "any" (the trick: shape your mouth as if you were going to say "y" but then try to say "oo")
- å: the pronunciation falls between that of "o" in "close" and "o" in "pot"
- ä: pronounced like the "a" in "apple"
- ö: pronounced like the "u" in "full"

(Perhaps this helps! ed.)

(Continued from page 3)

of saffron for this years Christmas baking. Besides saffron, the global prices on wheat almost doubled in one year.

They have to pay 15,700 Sw. crowns per kilo saffron (excluding tax which is appr. 25%) and they use appr. 4 to 5 kilo per year. An ordinary person in Sweden only buys a little foil package of 0.5 grams of saffron.

Iran produces more than 90% of the saffron but Spain, India and Greece are also saffron producers.

You can find saffron in grocery stores in Sweden, sometimes at the cash register, so it can be stolen, but also the Pharmacies sell it.

Dale reminds us that the Annual Anniversary Dinner is April 4th at the Dante Club. Our Annual **BIG** Raffle (value less then \$30) and Silent Auction (more than \$30) will be held during the event, also...so it is time to start thinking of items to bring. The Raffle and Silent Auction is what keeps our dinner costs that evening at \$20.00 for members and \$25.00 for guests, and these prices include tax and tip! Funds raised also help to pay increased costs of rent on our Meeting Hall.

"If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed" Mark Twain

VASALOPPET SWEDEN



Vasaloppet can be placed with many other customary male virility symbols - gladiatorial combat, elk hunting, ironman, and so on - but, of course, there are many women on the course, and their numbers are increasing every year.

Women who press themselves to the limit in their quest for a good result and time over the 90km from Sälen to Mora. Preparation, focus, fully-charged batteries..with many miles behind you, Vasaloppet will be the winter's highpoint. Rhythm, breathing, speed... This is not a race for the untrained! Vasaloppet - the challenge of the year!

Vasaloppet is the oldest, the longest, and the biggest cross-country ski race in the world. It's an international competition over 90 km in classic style open to both men and women. Come, join us, and be part of it all, as participant or spectator at the mass start at 8.00am on the first Sunday in March - every year! And if you can't be with us you can, together with 1.8 million others, curl up in front of your TV and see the 14,000 skiers set out from Sälen.

417 558 women and men have successfully completed this 90km track through the woods from Sälen to Mora. The great challenge attracts all sorts of skiers, from the true recreational skier aiming only to make Mora before the 8.00pm closing time, to the finest elite skier, there for victory and honour. That the glory and honour is backed up by cash prizes, spurt prizes, and valuable special prizes makes the competition even more tempting and prestigious. The course record, which stands at 3.38.57, was set in 1998's Vasaloppet by Peter Göransson from Åsarna. In a thrilling duel, he won over Mora's Staffan Larsson on the finishing line.

Vasaloppet is the culmination of an intensive week of skiing in Dalarna, a week which would be completely impossible without the thousands of working hours which all the voluntary helpers and officials freely give. More than 3000 people, from all age groups, work continually to improve the arrange-

ments, and to get in a little money for the activities of their own club or association. Vasaloppet thereby makes a valuable contribution to the smaller clubs and associations, making possible youth work for some 40 clubs in the Siljan and Sälen areas. The first Sunday in March, every year, is a red letter day! Around 14,000 expectant, nervous, trembling skiers stand there seeded into ten groups, with some 350 elite skiers at the front, in this kilometre long, richly coloured crowd. First timers are mixed with veterans with more than 30 races under their belts, enthusiastic cock-a-hoop youths must see themselves surpassed by experienced pensioners, fresh as a daisy women speed away from sweaty, snivelling men, and the whole blended into a glorious experience where each and every skier who glides in under the motto "I Fäders Spår för Framtids Segrar" (In the footsteps of our forefathers for the victories of tomorrow) is a winner.

VASALOPPET USA



EVENT DATE:
**FEBRUARY
10, 2008**

Experience the Vasaloppet, renowned for its hometown hospitality, volunteer spirit and four

aces that challenge the expert racer and touring novice alike. Enjoy the dynamite starts, Swedish blueberry soup and the downtown finish line.

58k FREESTYLE

58k RELAY

42k CLASSIC

35k FREESTYLE

13k FREESTYLE

The Vasaloppet is a 90km-long cross-country ski race held every year on the first Sunday of March between the village of Sälen and the town of Mora, in the Dalarna province in central Sweden. The event was organised for the first time in 1922 and was inspired upon the historical uprising that King Gustav Vasa led in the region in 1520.

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